the YMCA

KOSCIUSKO COMMUNITY YMCA

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CORPORATE CHALLENGE

2024

MAY 17TH – 19TH AT THE PARKVIEW WARSAW YMCA

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ABOUT THE CORPORATE CHALLENGE

Join the Kosciusko Community YMCA for Corporate Challenge, a fun health and fitness event for businesses and organizations in Kosciusko County and the surrounding areas. The Corporate Challenge encourages employee health and wellness, instills company pride, boosts morale, develops community relationships, and more!

BENEFITS OF PARTICIPATING

- Team building among employees
- Encourage employee health and wellness
- Instill company pride
- Developing network opportunities
- Advance the mission of the YMCA
- Unlimited access to both the Parkview Warsaw YMCA and North Webster YMCA for all employees involved in the Challenge.

ABOUT THE LOCAL YMCA

The Kosciusko Community YMCA is a nonprofit organization committed to meeting the growing needs of our community. The Corporate Challenge supports the YMCA annual campaign which helps provide community members with financial assistance to health and wellness programming. The Y is committed to nurturing the potential of kids. Promoting healthy living and fostering a sense of social responsibility. Your participation makes it possible.

EVENT PRICING

- $800 PER TEAM

HOW TO REGISTER

To register for the 2024 Corporate Challenge please scan the QR CODE below or visit www.kcymca.org. If you have any questions please email Jake Harmon at jharmon@kcymca.org.

Once you are registered you will be emailed links to create your teams rosters and release forms that each team member needs to sign.

SCAN ME

FACILITY USAGE

One of the major benefits of the YMCA's Corporate Challenge is that all registered participants get to use the YMCA facilities for training even if they are not a member! The YMCA must receive payment before rosters are submitted. If payment is not received rosters will not be submitted. Payment for the Corporate Challenge will be due April 30th. All waivers to use the YMCA must be submitted by May 1st. Once waivers are submitted team members will be allowed to use the YMCA to practice for their events. Access to the YMCA will be allowed from May 1st – May 19th. Allowing you to come in to use the Y is using the Y as it is, we will not set up an event specially designed for you to practice that event.

TEAM ROLES

TEAM CAPTAIN

ROLE AND RESPONSIBILITY

- Recruiting/preparing teams to participate
- Act as liaison between participating organization and the YMCA
- There is one team captain per organization
- Communicates with Event Leaders

TEAM RECRUITING TIPS

- Choose a few people from your differing departments to help you recruit.
- Communicate on a regular basis with these individuals to plan and implement your strategies.
- Get the word out! Communication is the key. Bulletin boards and information given out with paychecks is a good way to get the message out, but don't rely on these alone. One-on-one communication is often the most effective way to recruit.
- Identify which events each employee is interested in participating in and complete the event form.
- Take advantage of email and the YMCA website. The schedule of events can be found on our website (kcymca.org)

EVENT LEADERS

ROLE AND RESPONSIBILITY

- Responsible for the people in your specific event.
- Responsible to make sure your team shows up on time for your event
- Communicates with Team Captain if a problem occurs
- Responsible to find substitutes for team if needed

TEAM ELIGIBILITY

- Minimum age of 18
- Must work for the organization they are representing
- Must complete and submit participation release form/waiver

TEAM SUBSTITUTIONS

- Substitutes must meet all applicable eligibility requirements (including age and gender)
- Substitutes must be listed on the team roster
- Substitutes must complete and submit participation release form
- Players put on 2 different rosters will have to forfeit if they are not at their event on time. We will not wait for someone to get done with a different event.

EVENT SCORING

SPIRIT AWARDS

- Shirts (Matching all events) | 50 points
- Paint (All members have face paint for at least one event) | 50 points
- Inspiring (CEO/President In At Least One Event) | 50 points
- Registration (Team has all paperwork submitted by deadline) | 50 points
- Involvement (Enters at least one team in every event) | 50 points
- Team Mascot (Company representative dresses up) | 50 points

EVENTS

- 1st Place | 100 points
- 2nd Place | 75 points
- 3rd Place | 50 points
- 4th Place | 25 points
- Other | 10 points

PENALTIES

- There will be a -100 point penalty assessed to any company found in violation of the Employee Eligibility Rules. Any non-employee will be eliminated from competition, the company will forfeit the event, and the company will receive a -100 point deduction from their overall total. Please be certain that all of your participants meet the eligibility requirements.

STANDINGS AND ANNOUNCEMENTS

- Once results have been compiled, updated standings will be sent via email, as well as displayed on the website.

AWARDS

CORPORATE CHALLENGE WINNER

- Corporate Challenge banner in the workout center for 1 year for your team and company

2024 CHALLENGE CALENDAR

FRIDAY, MAY 17TH

COMPETITION	NUMBER OF PLAYERS	MULTIPLE TEAM ENTRIES	LOCATION AND TIME
OPENING CEREMONIES	ALL PLAYERS	ALL TEAMS	MAIN ENTRANCE 6:00 PM
TUG-A-WAR	5 PLAYERS	YES. 2 TEAMS (1 ALL MALE/COED, 1 FEMALE)	OUTDOOR TRACK 6:30 PM
CORN HOLE	2 PLAYERS	YES. UP TO 2 TEAMS	GYM 2 7:00 PM
PUTT-4-POINTS	4 PLAYERS (2 MALE, 2 FEMALE)	NO	K21 SPORTS COMPLEX 7:00 PM
PUZZLE MANIA	4 PLAYERS	NO	MULTI PURPOSE ROOM 1 7:00 PM
DODGEBALL	7-10 PLAYERS	NO	K21 SPORTS COMPLEX OR GYM 1 7:00 PM

SATURDAY, MAY 18TH

COMPETITION	NUMBER OF PLAYERS	MULTIPLE TEAM ENTRIES	LOCATION AND TIME
SOCCER (5V5)	5-9 PLAYERS	NO	K21 SPORTS COMPLEX 11:00 AM
PUSHUP CHALLENGE	4-6 PLAYERS	NO	PR ROOM 2:00 PM
WHATS YOUR OVERHEAD?	4 PLAYERS (2 MALE, 2 FEMALE)	NO	OUTDOOR TRACK 10:00 AM
BADMINTON	2 PLAYERS	NO	GYM 1 AND 2 9:00 AM
TRIVIA	4 PLAYERS	NO	MULTI PURPOSE ROOM 1 12:00 PM
VOLLEYBALL	6-10 PLAYERS	NO	GYM 1 AND 2 1:00 PM

SUNDAY, MAY 19TH

COMPETITION	NUMBER OF PLAYERS	MULTIPLE TEAM ENTRIES	LOCATION AND TIME
INDOOR MINI TRIATHLON	3 PLAYERS	NO	POOL, PROGRAM ROOM 3, AND INDOOR TRACK 10:00AM
SPIKEBALL	2 PLAYERS	NO	K21 SPORTS COMPLEX OR GYM 2 12:30 PM
DISC GOLF C.T.P.	INDIVIDUAL EVENT	YES, UP TO 2	OUTDOOR TRACK 1:30 PM
3 POINT CONTEST	INDIVIDUAL EVENT	YES, UP TO 2	GYM 1 2:30 PM
CLOSING CEREMONIES	ALL PLAYERS	ALL TEAMS	IN GYM 1 FOLLOWING THE 3 POINT CONTEST

TEAM COMPOSITION

Teams will consist of five members each and you can have up to 2 teams. One team of mixed or all males and/or one team of all females. Male/mixed teams will go against each other and female teams will only go against female teams.

DESCRIPTION AND RULES

1. Teams will be reminded of the rules prior to commencement of the competition.
2. The judge will toss a coin to determine teams starting position.
3. Anchorman can loop the rope around one shoulder to secure rope. No knot is permitted on the rope end.
4. All team members must remain on their feet at all times, no hands are allowed on the ground apart from the anchorman who is permitted to use one hand on the ground.
5. A team member is permitted to pull for only one team during competition.
6. The competition will commence with the command from the judge "pick up the rope", thereupon the two teams move back until the rope is taut.
7. The judge centers the marker flag on the central marker on the rope.
8. The judge gives the command "Pull" whereupon the two teams then pull with all of their strength.
9. Team members must move back with rope when pulling.
10. The length of the pull may vary, but officially should be 12 feet, which is measured by two markers on the rope, each six feet from center.
11. When either mark passes the stick placed in the ground by the judge at the central point of the rope when starting the competition, the other side has won that pull.
12. Two warnings for infringements, including foul language, will be given. A further warning will result in disqualification and forfeit of points awarded for attending competition.
13. The teams then change ends and the best of three is the winner.

TUG-A-WAR

CORNHOLE

TEAM COMPOSITION

Each organization can have up to 2 teams participate. Each team consisting of 2 people.

DESCRIPTION AND RULES

1. This is a single elimination tournament.
2. All contestants shall pitch from the pitcher's box behind the 27-foot foul lines.
3. You will alternate throws between you and your opponent.
4. A toss on the board is worth 1 point and in the hole is worth 3 points.
5. If player A puts 3 bags on the board and player B puts 2 bags on the board, Player A's team gets
6. 1 point for that round.
7. You must hit exactly 21 points to win.
8. If you go over 21 points you must go back to 13 at the start of the next round.
9. If a bag is touching the ground at all or bounces off the ground onto the board it does not count, and you may remove that bag from the board.

PUTT-4-POINTS

TEAM COMPOSITION

This event is for all levels of golfers. Teams of 4 (2 male, 2 female).

DESCRIPTION AND RULES

1. Each participant will putt 3 golf balls from each of the two designated distances toward the bullseye.
2. Bullseye will be worth 100 points; there will be 3 rings (50 point, 25 point and 10 point) outside of the bull's-eye where you can also score points.
3. The team with the highest point total after all four golfers have putted from each distance will be the winner of the event.
4. Golf clubs and golf balls will be provided by the YMCA.

PUZZLE MANIA

TEAM COMPOSITION

Teams will consist of 4 participants.

DESCRIPTION AND RULES

1. Each team will have one hour to complete the puzzle, or as much as possible. - Team will sign up for a designated time slot (6pm, 7pm or 8pm)
2. Only one jigsaw puzzle design will be used for all teams.
3. Participants are not allowed to bring in or use any other working board than the one given by the event leader.
4. Participants are allowed to open their jigsaw set only when the event leader announces the start of the event.
5. All participants are required to immediately stop piecing the puzzle when the event leader announces the end of the competition.
6. Only the largest connected section assembled of the puzzle will be counted towards the total.
7. The teams should put their unassembled pieces and smaller blocks (if any) into the jigsaw puzzle box, close it and leave the table.
8. If a team completes the puzzle, the team leader should immediately alert the YMCA staff.
9. Points will be awarded by the fastest time taken to complete the puzzle, then the highest piece totals.
10. In the event of a tie, the tied teams will both be awarded the higher place points.

TEAM COMPOSITION

Each team will have 7 starters and up to 3 bench players (max of 10 players per roster).

DESCRIPTION AND RULES

1. Games will be played in a best of three format.
2. Games will begin with both teams behind their end line. A referee will call 3-2-1-Dodgeball! Once this prompt is given, players may retrieve the balls in the middle of the court. The ball must be taken back behind the end line before it is thrown.
3. A player is considered out when he/she is hit by a ball or has a ball caught that he/she has thrown.
4. A player may use a ball to block oncoming balls. If a player drops his ball while blocking, they are not out.
5. When a player is out, they must start a line on the side for re-entry. If a player on your team catches a ball, the first player out may come back into the game.
6. Any player that crosses the middle, back, or side line while playing is out. You may reach across the line to get a ball, but if you touch the ground on the other side, you are out.
7. The official's ruling is final.
8. Court can be reduced down to badminton size after 5 minutes. (Only if event is indoors)

DODGEBALL

SOCCER

TEAM COMPOSITION

Teams will have 5 starters on the field, with up to 4 bench players (max of 9 participants per team). Must have at least 4 players to avoid forfeit.

DESCRIPTION AND RULES

1. Games consist of two 15-minute halves (running clock), with a golden goal overtime. If 8+ teams are in the tournament, games will be one 20-minute period instead.
2. Kick-in's must be taken within ten seconds.
3. Slide tackling is not allowed under any circumstances and will result in an indirect kick and yellow card.
4. No offsides will be called.
5. Substitutions are "flying," but must be made away from game play.
6. No body checking against the wall is allowed
7. All opposing players must be two steps away on free kicks and kick-in's.
8. All side kick-in's and free kicks are indirect.
9. After a team's third foul in a half, that team will not be allowed to form a wall, and all kicks will be direct.
10. Profane player dissent toward a referee or another player, or fouls at the referee's discretion will result in a yellow card.
11. Any player receiving a yellow card will receive a 2 minute penalty, with the player's team playing down a player. - The player with the yellow card will sit out until either the other team scores or the 2 minutes is up.
12. The mercy rule will be in effect if a team is up by 5 goals at any point after 15 minutes of play.
13. If there is an uneven number of teams we will do a pre-tournament competition to determine seeding

TEAM PUSH UP CHALLENGE

TEAM COMPOSITION

4 – 6 persons (teams decide).

DESCRIPTION AND RULES

1. Team Pushup Challenge (PR room). Teams form circle with head facing in. Everyone starts/stays in push-up plank position.
2. One person starts with a full pushup, when they complete it, the next person does a full pushup.
3. Pushup must not be started until the previous person has completed their pushup.
4. Everyone must maintain the pushup plank position until it is their turn to perform a pushup.
5. Team is finished when any one of the team members fails to either perform a pushup or maintain the pushup plank position.
6. Most pushups achieved by a team wins.
7. Two infractions (pushup execution and pushup plank position) results in team being finished.
8. Each team is allowed one 60 second time out. They can call it out whenever they want. All team members must be in the pushup plank position before the 60 second time out expires. The team member who called the time out must be the one who does the first pushup.

WHAT'S YOUR OVERHEAD

TEAM COMPOSITION

4 person team (2 male, 2 female)

DESCRIPTION AND RULES

1. Objective is total distance the team can carry a plate holding it overhead with arms extended.
2. When plate touches head or cannot be held above head, that person's leg is over.
3. Plate must then be placed on the ground. The Team can choose team order. One person starts. The others follow behind them.
4. When the person carrying cannot maintain the carry, they must stop, place the plate on the ground, and the next person then picks it up, but cannot move forward until plate is above their head with arms extended.
5. Each person can carry only once.
6. The trail will have distance markers. The last marker crossed will be the team's final distance.
7. The Plate will be 35 pounds
8. Running is not permitted in this event

TEAM COMPOSITION

A team may consist of 2 players.

DESCRIPTION AND RULES

1. Matches will be doubles format.
2. A match consists of one game to 21 points (win by 2 or first to 30)
3. Rally scoring
4. A side has only one ‘service’.
5. When the server’s score is even or zero, the server serves from the right service court. When the server’s score is odd, the server serves from the left service court.
6. Players do not change their respective service courts until they win a point when their side is serving.
7. Serves must be hit in an upward direction, below the waist, and served diagonally across the court. - The shuttlecock may only be hit once per side.

BADMINTON

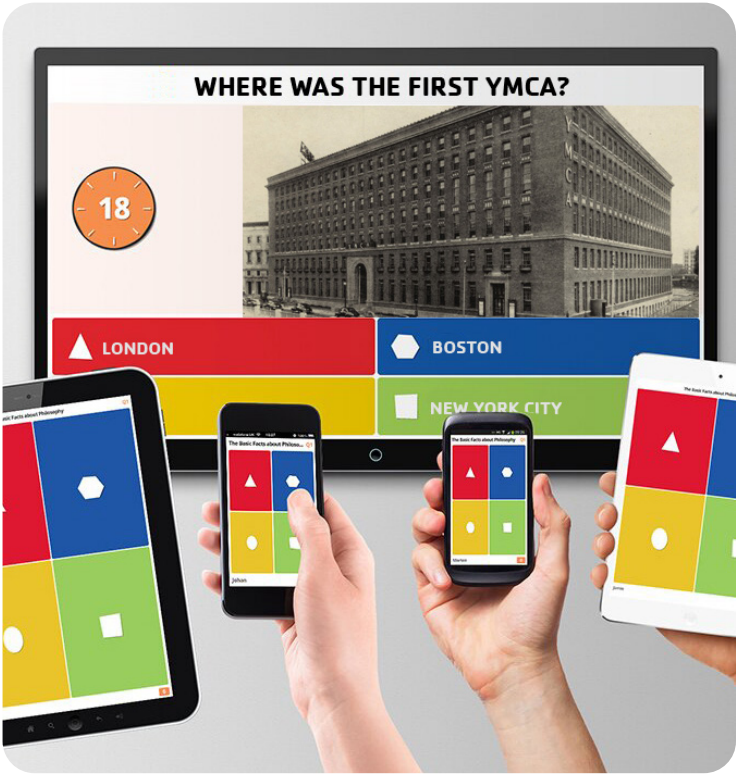
TRIVIA

TEAM COMPOSITION

Each team will consist of up to 4 people.

DESCRIPTION AND RULES

1. The event will consist of 30 questions
2. The questions will be through a kahoot, so there is only one phone allowed per team
3. In the event of a tie, we will have an additional question that teams will have one minute to answer on paper.
4. We will go round by round until we have a winner



Kahoot!

TEAM COMPOSITION

Teams will have 6 starters (and up to 4 bench players). A minimum of four players is needed to play.

DESCRIPTION AND RULES

1. Best-of-3 format. Single-elimination.
2. Minimum of 2 female players on the court at one time.
3. Rally scoring will be used to 15 each game.
4. Teams must win by at least two points.
5. If a team is playing with less than 6 players, they do not have to forfeit a serve, but must keep two female players on the court.
6. Subs can enter in either the front or back row (or both), but all players must rotate through all positions.
7. Games are self-officiated:
8. Serves cannot be attacked on the return. Maximum of 3 hits per side.
9. Player cannot hit the ball twice in a row. The ball may be played off the net. Kicking the ball is allowed.
10. A ball touching the boundary line is still in.
11. Carrying, palming, and lifting is illegal.
12. Touching the net when the ball is being played is illegal.
13. Back row players cannot jump in front of the attacking line unless the team has only 4 players
14. If the ball hits the ceiling and is on your side it is playable, but if it goes over the net, it is the other teams point.
15. Ball is considered dead if it hits the side curtain, wall, or track rails.

VOLLEYBALL

INDOOR MINI TRIATHLON

TEAM COMPOSITION

A team may consist of 3 participants per corporate challenge team.

DESCRIPTION AND RULES

1. The first leg of the race will involve swimming.
2. The member of the team doing swimming will swim 30 lengths (0.46 miles or 750m)
3. Once the swimming portion is complete the participant will tag their teammate for the second leg
4. Biking is the second leg of the race.
5. Competitors will bike 12 miles on the fitness bikes.
6. Once the participant has completed the biking portion you will tag your last teammate.
7. The last leg is the running portion.
8. Each runner will run 5 kilometers (28 laps) on the track to finish the race.
9. The top 4 times get points.
10. We will do multiple heats if needed.
11. When you are going to the next leg no running is allowed, there will be a one-minute time penalty per infraction.
12. We will have cutoff times for each portion of the race: Swimming will be 30 minutes, Biking 40 minutes, and Running 30 minutes.
13. If you reach the cutoff time and are still not finished with your leg you will have to tag your teammate for the next leg.

TEAM COMPOSITION

Each Corporate Challenge team will be composed of 2 players.

DESCRIPTION AND RULES

1. Rally scoring (points can be won by the serving or receiving team)
2. Games are played to 21. You must win by two points.
3. Possession changes when the ball contacts the net. Switch sides after one team reaches 11 points. Points are scored when:
4. The ball isn't hit back into the net within 3 hits
5. The ball hits the ground
6. The ball hits the rim (including clips) (Even during a serve--rim shots don't count as a "let")
7. The ball does not bounce off the net in a single bounce. (It must clear the rim in order to be good)
8. There is an illegal serve or other infraction
9. All players except the receiver must begin the point at least 6 feet from the net. The receiver may stand at any desired distance, once the server strikes the ball, players may go anywhere they choose.

SPIKEBALL

DISC GOLF

TEAM COMPOSITION

Each Corporate Challenge team may have two contestants..

DESCRIPTION AND RULES

1. Each contestant will get 10 putts from the designated distances.
2. The distances will be 20 feet, 35 feet, and 55 feet.
3. Teams are allowed to use their own putters. If you do not have a putter to use the YMCA will provide one for you.
4. Your teammate will be responsible for retrieving your putters for you after they have been thrown.
5. Each putt will be worth 1 point.
6. The team with the most made putts is the winner.

3 POINT SHOOTOUT

TEAM COMPOSITION

Each Corporate Challenge team may have one contestant each.

DESCRIPTION AND RULES

1. Players will have two minutes to shoot five basketballs from the five spots around the three point line (both corners, both wings, and top of the key).
2. The last ball of the five basketballs at each spot will be the "money ball" worth 2 points.
3. The total number of possible points is 30
4. You can have a maximum of 2 rebounders/feeders for yourself from your team.
5. The top four qualifying scores will move on to a seeded semifinal round.
6. In the semifinal round you will go head-to-head at the same time on opposite ends of the court. (1 seed v 4 seed, 2 seed v 3 seed).
7. Winners of the semifinal will move on to the finals and the losers will go head to head for third place.
8. In the event of ties, we will have a shoot off for seeding from the first three spots with the same scoring
9. Each round must start in the right corner

T-SHIRT CONTEST

TEAM COMPOSITION

Any member of your original roster may join in developing a t-shirt design.

DESCRIPTION AND RULES

1. Teams must provide T-Shirts by May 3rd. Judging will take place from May 6th until May 17th where the winners will be announced at the opening ceremony.
2. The contest will be judged throughout the week
3. The winner of the t-shirt contest will be announced at the end of the week.
4. Members of the YMCA will vote at front desk in voting boxes for their favorite shirt

JUDGING CRITERIA

1. Visual appeal, creativity, and originality of design
2. Clearly illustrates company name or logo
3. Designs must include the name "Corporate Challenge 2024" and "Hosted by the Kosciusko Community YMCA"
4. No profane, obscene, or suggestive illustrations or text - The Y logo should not be used

PARKVIEW WARSAW YMCA